

## VCS Alliance Support :

VCS Organisation	Service description	Contact details
Family Lives	A charity helping parents to deal with changes that are a constant part of family life.	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>
NSPCC	Have created an online Hub providing advice and support for parents and carers during coronavirus outbreak. Contents include: <ul style="list-style-type: none"> <li>• Ways to talk to a child who is anxious or worried about the coronavirus</li> <li>• Support for children with SEND</li> <li>• Taking care of your mental health</li> <li>• Coping with being separated from your family</li> </ul>	<a href="http://www.nspcc.org/keeping-children-safe/coronavirus-advice-support-children-families-parent">www.nspcc.org/keeping-children-safe/coronavirus-advice-support-children-families-parent</a>
Reducing Parental Conflict	Support for parents in conflict	The referral team can be contacted on 0191 433 3355 Email <a href="mailto:rcpegateway@gateshead.gov.uk">rcpegateway@gateshead.gov.uk</a> Monday – Friday 9am – 5pm
Changing Futures North East	Support for families with: <ul style="list-style-type: none"> <li>• Mediation</li> <li>• Children and Young People Emotional Wellbeing</li> <li>• Self Help</li> <li>• COVID</li> </ul>	Telephone 01429 891 444 <a href="http://www.changingfuturesne.co.uk">www.changingfuturesne.co.uk</a>
Stepping Stones	Offering mediation in family disputes arising from: <ul style="list-style-type: none"> <li>• Relationship breakdown</li> <li>• Separation</li> <li>• Finances</li> <li>• Children</li> </ul>	For more information telephone 0191 375 387 <a href="mailto:enquiries@steppingstonesmediation.co.uk">enquiries@steppingstonesmediation.co.uk</a>



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[VCSAlliance@durham.gov.uk](mailto:VCSAlliance@durham.gov.uk)